

**2010 Palarong Pambansa**  
Tarlac Recreational Park, San Jose, Tarlac  
April 11 – 17, 2010

**General Technical Guidelines and Competition Formats**

**\*All sports events shall be played according to the international rules and regulations.**

**\*All sports equipment to be used in the Palarong Pambansa shall be those of international standards and/or those used in international competitions.**

**I Ball Games** (Baseball, Basketball, Football, Sepak Takraw, Softball, Volleyball)

All ballgames shall have a uniform elimination round format. The grouping procedures shall be as follows:

1. The 17 teams will be divided into four groups, A, B, C, & D. Three groups will have four teams each and one group will have five teams. Three groups must at least have one team each from Luzon, Visayas and Mindanao. The top six (6) placers in the last Palaro will be distributed in the four (4) groups with the 5<sup>th</sup> and 6<sup>th</sup> in groups D and C, respectively. The groupings of the 7<sup>th</sup> to 17<sup>th</sup> placers shall be determined by drawing of lots.

Grouping Chart:

Elimination Round (28 Games)

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
M	V/M	6 <sup>th</sup>	5 <sup>th</sup>
V/M/L	L/M	M/L	V/L
L	L	V/L	M/L
		M./L	

(L – Luzon Region, V- Visayas Region, M-Mindanao Region)

2. Teams in each group will play single round robin. The top two teams will advance to the quarter finals for the cross-over knock-out game. The cross-over format for the quarter finals, semi-finals and finals will be as follows:

2.1 Quarterfinals (4 Games)

QF1 = A1 vs C2

QF2 = A2 vs C1

QF3 = B1 vs D2

QF4 = B2 vs D1

2.2 Semifinals (2 Games)

SF1 = Winner QF1 vs Winner QF3  
SF2 = Winner QF2 vs Winner QF4

Consolation Game (Optional)

Loser QF1 vs Loser QF3

Loser QF2 vs Loser QF4

2.3 Finals (2 Games)

Loser SF1 vs Loser SF2 = 3<sup>rd</sup> and 4<sup>th</sup> Placers

Winner SF1 vs Winner SF2 = 1<sup>st</sup> and 2<sup>nd</sup> Placers

## **II Racket Games (Badminton, Table Tennis, Tennis)**

### **1. There shall be Team Events and Individual Events in Badminton, Table Tennis and Tennis**

#### **1.1 Badminton**

1.1.1 Team event and individual events in Badminton shall be played in the single elimination format.

1.1.2 The order of play shall be “Singles-Doubles-Deciding Singles”.

1.1.3 The “rally point” scoring system shall be used.

#### **1.2 Table Tennis**

1.2.1 Team event and individual events shall be played in the bracketed round robin format.

1.2.2 The order of play in the team event shall be “1<sup>st</sup> Singles-2<sup>nd</sup> Singles-Doubles-1<sup>st</sup> Reverse Singles-Deciding Singles”

#### **1.3 Tennis**

1.3.1 Team and individual events shall be played in the single elimination format.

1.3.2 In the Team event, the order of play shall be “Singles-Doubles-Deciding Singles”.

## **III Combative Sports**

1. All combative sports shall be played in the single elimination format, with the losers in the semi-finals awarded as 3<sup>rd</sup> Placers.

2. All safety and protective measures shall be in place before start of all combative sports competitions. There shall be a medical team with competent medical personnel, enough medical supplies and ambulance deployed in each combative sports competition venue.

3. The weight categories in Arnis Girls Full Contact competition shall be:

#### **3.1 Arnis Secondary Girls (Full Contact)**

3.1.1 Flyweight - 37 kgs. and below

3.1.2 Pinweight - over 37 – 40 kgs.

3.1.3 Bantamweight - over 40 – 44 kgs.

3.1.4 Featherweight - over 44 – 48 kgs

3.1.5 Extra Lightweight - over 48 – 52 kgs.

4. The following guidelines shall be followed in Taekwondo:
  - 4.1 There shall be “Kyorugi” (Sparring) and “Poomsae” (Forms) competitions in the elementary and secondary Taekwondo.
  - 4.2 There shall be 6 weight categories in the elementary and secondary “Kyorugi” competitions.
  - 4.3 In the elementary, the categories shall be determined by height and age, while in the secondary, the categories shall be determined by weight.
  - 4.4 There shall be individual and team events “Poomsae” competitions.
  - 4.5 Only the jins who have participated in the “Kyorugi” competitions may participate in the “Poomsae” competitions.
  - 4.6 In “Poomsae”, there shall be one contestant from each region for the individual event and three for the team event.
5. The guidelines in Boxing shall be:
  - I WEIGHT DIVISIONS and AGE BRACKETING
    - A. Secondary
      1. Powderweight (not more than 36 kgs.) - born in 1996 -1997
      2. Mosquitoweight (not more than 39 kgs.) - born in 1994 - 1995  
and Paperweight (not more than 42 kgs.)
      3. Pinweight (not more than 45 kgs.) - born in 1992 -1993  
and Lightflyweight (not more than 48 kgs.)
    - B. Elementary
      1. Kiddieweight (28.1 – 30 kgs.) - born in 1999 - 2000
      2. Antweight (30.1 – 32 kgs.) - born in 1997 - 1998
  - II ROUNDS
    - Secondary Level
      1. For 36 kgs., 39 kgs and 42 kgs.

A bout in the Powderweight, Mosquitoweight and Paperweight divisions shall consist of three (3) rounds of one and a half (1 ½) minutes each and one (1) minute rest interval between rounds.

A knock down caused by a legal hard blow that landed on the scoring target and fell on the canvass, or two standing eight counts for the whole duration will automatically stop the bout.
      2. For 45 kgs.

A bout in the Pinweight division shall consist of three (3) rounds of two (2) minutes each and one (1) minute rest interval between rounds.

Three knock downs or mandatory eight counts in a round and/or four knock downs for the whole duration of the bout will automatically stop the bout.
      3. For 48 kgs.

A bout in the Lightflyweight division shall consist of four (4) rounds of two (2) minutes each and one (1) minute rest interval between rounds.

Three knock downs or mandatory eight counts in a round and/or four knock downs for the whole duration of the bout will automatically stop the bout.

Elementary Level

1. For 30 and 32 kgs.

A bout in the Antweight and Kiddieweight divisions shall consist of three (3) rounds of one (1) minute each and one (1) minute rest interval between rounds.

**IV Target Sports**

1. Competitions in Archery shall be in accordance with the FITA Rules and Regulations.
  - 1.1 The target distances shall be 30 meters and 50 meters.

**V Board Games**

1. In the Chess, the 7-round Swiss system shall be used.
2. There shall be only team event in the elementary and secondary levels.

**VI Gymnastics**

1. The 2009 Code of Points shall be used In Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG) and Rhythmic Gymnastics (RG) competitions.

**VII Measurable Sports**

1. All events in Athletics and Swimming shall be played according to the Rules and Regulations prescribed by the IAAF and FINA respectively.

(The specific guidelines and ground rules for each sports event shall be issued later to be discussed during the Solidarity Meeting scheduled on 10 April 2010 at the Tarlac Recreational Center, San Jose, Tarlac)

**Task Force on School Sports**